

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In conclusion, protein cookies is an innovation in utilizing pea flour, which are a high protein flour alternative. These innovations add some more varieties to high protein snacks. The result of the study shows that protein cookies have a good appearance, scent, and taste despite the texture that caused by the natural characteristic of the pea flour itself. Production of protein cookies involves several stages such as creaming, mixing, and baking. Once processed, protein cookies have approximately 360 calories which slightly lower than the normal type of cookies. In addition of nutritional benefits, each serving of the cookies have 20g of protein, making it beneficial for muscle building and recovery. Aside from the high protein content, the protein cookies were also high in carbohydrate, which is beneficial as a source of energy. Protein cookies have a shelf life for approximately 3-5 days in room temperature.

5.2 Suggestion

Further research for the cookies is required to improve this product, especially the texture as it known that the main ingredients are better suited as a soft cookie. It is recommended to set the selling price with 10 percent profit at the beginning, and will increase along the time passes. Furthermore, it is important to conduct additional studies of pea flour potential in the culinary world. This effort will be contributing in marketability and also reveals more potential of pea flour.